



PresbyNews

Sharing and celebrating the people and events in the life of Faith Presbyterian Church
916) 428-3439, www.faithpresby.org, 625 Florin Road, Sacramento, CA 95831

Volume 33, No. 15 Sept. 16, 2008

Sunday Services: 9:00 and 11:00 a.m.

Sunday School:
Preschool-5th grades
9 & 11 a.m.
6th thru 8th grades—9 am
9th thru 12th grade—9, 11 a.m.
Adult Class 10-11 a.m.

September 17
Medieval Christianity
7pm

September 20
Youth Ministries Retreat

The Presby News is published bimonthly by a team of volunteer writers. Please send your submissions to Editor Jim Park at JamesPark02@comcast.net Or drop off articles/photos in the church office.

Harvest Dinner, Auction & Raffle



Faith's annual Harvest Dinner and Auction is on Sunday, October 12th at 4 p.m. This is the Fellowship Committee's big fundraiser for Faith's Campership Fund. Campership funds are made available to families for children's camp at Westminster Woods, Faith's Fall Retreat & the Women's & Men's Retreats. Ticket sales are going great! If you haven't purchased yours yet, they will be available every Sunday morning in the courtyard.

Cost of tickets: Adults \$10, Teens (13-18) \$5, Kids (12 & under) Free. Buy your tickets early so we can plan accordingly. Invite your friends and neighbors! Dinner will be catered by Mike Andrade. The menu will be tri-tip beef, chicken, Texas baked beans, green salad, vegetables, rolls & dessert.

Please consider donating items for our auction & raffle -- new items only, please. Auction forms are available in the narthex or at the ticket sales table. Please fill forms out completely and leave in basket and you will be contacted by one of our committee members. Some ideas for donations: Time/Talent: Babysitting, pet sitting, yard work, handyman jobs, baking, wrapping Christmas gifts, whatever your talent might be. Also, vacation spots, gift baskets, sports tickets, gift certificates, etc. We already have some great donations like 4 rounds of golf at Land Park Golf Course, a foursome at the Ridge Golf Club in Auburn, 2- night stay at Asilomar Resort in Pacific Grove, gift certificates for Mimi's Café, Scott's Seafood, Outback, Elephant Bar, Nugget Market, Southwest Airlines, Disneyland, and more! For Auction information, contact Kitty Tatro at 393-4734. For Ticket information, contact Paul Keller at 392-0304.

Are You a Part of a Neighborhood Watch Group? If So, Can You Let us Know?

Crime prevention and emergency preparedness are of great importance to all of us. Because of that, Faith Presbyterian Church is participating in a coalition (Pocket Community Coalition) which is working hard to expand the area covered by Neighborhood Watch Groups (NWG) in the Pocket/Greenhaven area and to encourage these groups to expand their functions to include family and neighborhood emergency preparedness. We believe that these groups not only help prevent crime and prepare for emergencies, but also promote community and friendships in our neighborhoods.

As a first step towards this end, we are currently gathering information about existing NWGs. If you are currently a NWG member or captain will you please contact Faith member Ilah Turner (ilah_turner@sbcglobal.net or 428-8716) as soon as possible to help us gather contact information and boundaries of the existing NWG.



Make a Joyful Noise! Sanctuary Acoustics Improvement Update Phase I

We just completed a fund-raising campaign for improving sound, audio-visual and music in the sanctuary. The generous contributions of Faith family members and friends have increased the building fund to \$99,360, which is 96.5% of our target of \$103,000. This is a great result for a short-fund raising campaign in summer! We thank all who have given cash gifts or have made a pledge.

Improvements to acoustics in the sanctuary are coming! A contract has been signed to install acoustic panels in the sanctuary to reduce echoes and reverberations. Negotiations with an engineer for the design of the sound system have been initiated. Although we did not reach our goal of 100% funding of Phase I at this time, we anticipate completing the entire project as planned.

If you did not made a cash gift or pledge, please consider making one even though we have officially ended the fund raising campaign. We are not far from 100% funding of Phase I and you can still help us reach this target. Session will begin planning for Phase II (organ) and Phase III (acoustic improvements in narthex) when Phase I is completed. If you have any questions please contact Jim Hill, Stewardship Elder.

Music Now Available For Worship Band Songs in Worship!

Some of you have mentioned that it would be helpful if you had the music for the songs which our worship band leads in worship each Sunday, particularly when these are new songs. From now on, whenever possible, that music will be available. There will be copies on the Welcome Center table every Sunday morning as you come in. Pick one up if it will be of help to you in worship.

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Fuel Up in *September* with BloodSource!

Please schedule your life saving blood donation appointment today! Eat well and drink plenty of fluids before donating blood with BloodSource this September and be entered into a weekly drawing for a \$500 gas card.

September is a transition month as summer ends and fall arrives. BloodSource is also in transition from our large summer media event blood drives to high school and college drives generally scheduled later in the fall as students adjust to new schedules.

The need for lifesaving blood continues for cancer patients, burn victims, premature babies and those involved in motor vehicle accidents. BloodSource is encouraging our friends and families to help patients this September by donating blood at local blood collection centers or mobile blood drives.

Donate at Faith Presbyterian Church on Sunday September 28th 8:30am to 12:30pm.

Call Kate at 453-3036 to schedule an appointment.

As summer ends and fall arrives, vacation memories still linger. Fuel up, save lives this September and daydream about where \$500 worth of gas will take you!

Yes, you do save lives.

Tutoring Starting Up

- Tutoring will once again be available this year at Faith for students who are having difficulty with math. The program will run on Mondays and Wednesdays from 3:30 – 5:30 p.m. in Room 2, and all students are welcome. They do not need to be a member of the church to participate. Students should plan to arrive by 4:45 p.m. at the latest to make the most of their time. Help is available for students taking any math class from basic math through calculus. If you have questions or need more information, please call Barbara Tracy at 428-0311.
- CSUS student Andrew Krater will be assisting Barbara as the year begins, and Lauren Michaelson will join the group later in

What Are Those Elders Up to Now?

Highlights from September's Session Meeting

The following are some of the decisions which were made this month at Session (elder board) and some of the areas of ministry which were celebrated. We hope you share in the enthusiasm of Session in all that God is doing in our midst. As a reminder, Session meetings are held the 2nd Monday of each month at 7:00 in the east wing. Unless otherwise determined, they are open meetings and church members are always encouraged to come listen in. We'll even share our snacks!

Prayer before Business! The meeting opened with a time of devotion spent sharing praise for how God has worked in our lives of faith at Faith and in prayer for events and people in need.

General Assembly Forum to be held at Faith on October 21st – As you may know, our denomination met this past June for our bi-annual national gathering called General Assembly. At that meeting, many major decisions were made. Some of them are very controversial. Our Presbytery (our local gathering of Presbyterian congregations) is going to be holding forums this fall to help people understand the decisions which were made and which are now being considered at the local level. Representatives from General Assembly will be present. One of those forums will be right here at Faith on October 21st at 7:00 p.m.

Make a Joyful Noise Campaign Celebrated! – Session enthusiastically welcomed news that fundraising for Phase One of this campaign is nearly complete. Work will begin soon to begin installing new acoustic treatment in our sanctuary, a new sound system and a new audio visual system. Work should be completed by the Christmas season. The Session will now be considering what steps to be taken towards the completion of Phase Two (organ) and Phase Three (narthex improvement).

Two New Staff People Hired— Session unanimously approved the hiring of two new staff members. Effective immediately, Melody Tactaquin will be our Director for Young Faith Singers. Under the supervision of Betsy Butler, Melody will begin working with our children to help lead us in worship this coming year. Also effective immediately, Molly Bagby, a college freshman this year, will begin working under the supervision of Patrick Vaughn as your youth ministry intern. This is a year-long internship. We joyfully celebrate the hiring of these two wonderful women.

2009 Proposed Budget is Set – With the excellent guidance of Maria Rodriguez, our finance elder, the Session worked hard this year to complete a proposed budget for 2009. At this point, the budget forecasts about a 5% increase. The budget will be officially approved after the stewardship campaign is completed this fall. A reminder that a congregational budget forum will be held on October 26th after each service in the sanctuary.

Great Things Happening in our Youth Ministry— Elder Greg Rapiere reviewed the activities of the Youth ministry that will now include monthly service projects by the youth. There is effort being made to get more youth to attend worship on Sundays through “small group Sunday” once a month when the youth will attend church with their youth advisors who will help introduce and orient them to Sunday worship services and the congregation. Members of the committee are Kim Char, Bethany Draeger, Sierra Brown, Sarah Jimenez (as service project coordinator), Nate Barton and Rev. Quinn Vaughn, as advisor.



Presbyterian Women

P.W. is starting!!! The first luncheon will be a pot luck at Chaptman's. Sept. 24th, 2008 at 11:30 am.

Bible Study at the church at 10:00 am.

Pastor Jeff and Esther will be our

speakers.

If you need a ride be at the church 11:00--11:15 am.

All women of the church are invited.

PRESBYTERIAN WOMEN

The P.W. Women invites the congregation to the "send off" for Pastor Jeff and Esther Chapman. The gathering will be October 5th, immediately following 11:00 am worship service. Light refreshments will be served.

Women's Conference October 17th and 18th at Fremont Presbyterian Church

"Revive Spirit, Soul & Body" with nationally known Christian speaker – Donna Partow

Donna Partow is a bestselling author and Christian communicator with a compelling testimony of God's transforming power. She speaks and travels worldwide, sharing her life journey with disarming transparency and refreshing authenticity. In the process, she challenges preconceived notions about what it takes to be a vessel God can use.

This conference is being supported by numerous Christian churches in Sacramento. Some members of Faith will be volunteering during the conference.

The cost is \$45 and there is an option to attend only one day if you need to. To register go to www.fremontpres.org and download a conference registration form.

You can mail your registration to Fremont or leave it in Faith's Church office for Ilah Turner. Any questions or if you want to volunteer call Ilah at 428-87216 (after September 26th).

DO SUGAR SUBSTITUTES MAKE YOU FAT?

True or false: If you're trying to slim down, you should switch from sugar to an artificial sweetener. The answer may be false. According to early studies, the fake stuff could actually lead to overeating. **YOUR BODY KNOWS THE DIFFERENCE** In a study, lab animals fed saccharin-sweetened yogurt consumed more calories --and packed on more pounds-- than the animals that ate the treat with sugar added. Like humans, animals are conditioned to expect lots of calories from sweet-tasting foods. But it seems that no-calorie substitutes may put the brain and the body at odds. The brain says, "Mmm, sweet and satisfying," but the body says, "I need more." Time will tell if the results hold true in people, but there are already studies linking diet soda to excess weight gain.

WHEN YOU WANT SOMETHING SWEET Sugar substitutes aren't the only way to cut back on calories while still satisfying your sweet tooth. **Pile on the berries:** Berries are naturally sweet treats good on cereal, in yogurt in by them selves.

